

Products that may meet A la Carte Foods Criteria for the Healthier Montana Menu Challenge.^{1,2}

Please note this list comprises suggested guidelines for healthy a la carte offerings and should not be confused with the A la Carte Foods Criteria. The A la Carte Foods Criteria is included in the Healthier Montana Menu Challenge Packet (Table 3) and referenced below.

- Individual fruits or fruit cups packed in juice or water
- Fresh vegetables such as baby carrots
- Dried or dehydrated fruit such as raisins, apricots, cherries and bananas
- 100% (full strength) fruit and vegetable juices with no sweeteners (nutritive or non-nutritive) must be limited to a maximum of 6 fluid ounces (suggest 4-ounce portion size for elementary and middle school; 6-ounce portion size for high school)
- Water (non-flavored, non-sweetened, non-caffeinated and non-carbonated)
- Low-fat (1%) and nonfat (skim) milk, flavored or unflavored, must be limited to a maximum of 8 fluid ounces
- Low-fat yogurt
- Whole grain crackers or chips
- Whole grain cereals
- 100% whole grain bagels/mini bagels
- Whole grain granola bars
- Baked potato chips, crackers and pretzels
- Animal crackers
- Graham crackers
- Low-fat mozzarella cheese sticks and other reduced fat, light or fat-free cheeses
- Beef jerky
- Nuts and seeds

Portion sizes are not to exceed the minimum serving size of the food served in the National School Lunch Program/School Breakfast Program; for other sales (such as vending machines) the item package or container is not to exceed 200 calories.

¹ Adapted from the USDA's HealthierUS School Challenge *Criteria for the Sale/Service of A la Carte or Vended Items*: <http://www.teamnutrition.usda.gov/HealthierUS/index.html>., updated January 2009.

² *Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier Youth* Report, April 2007, Institute of Medicine.

Reference List for Healthy A la Carte Products and Information

Please note: this is a partial list and is not inclusive.

July 2007

1. **All it Takes is Nutrition SENSE** booklet, Montana Team Nutrition Program, Office of Public Instruction School Nutrition Programs, September 2003
<http://www.opi.mt.gov/schoolfood/nutritionsense.htm>
This toolkit is a helpful and reliable place to get started in offering healthy choices in a la carte programs. The products included in this resource have less than 40% fat calories and less than 40% added sugar by weight (in the 1.25 ounce serving size or less). The Seattle Public Schools Healthy Snacks Calculator (listed below) can help you pinpoint which items have less than 35% calories from fat, less than 10% calories from saturated fat, and total sugar less than 35% by weight.
2. **Seattle Public Schools Healthy Snacks Calculator**
<http://www.seattleschools.org/area/nutrition-svc/calculator/calculator.dxml>
This handy Web site provides a tool to calculate if specific snack foods meet the criteria for a la carte foods. You will need the nutrition facts label for each food item. The site is easy to navigate and the software can be downloaded free of charge.
3. **Eat Smart: North Carolina's Recommended Standards for All Foods Available in Schools.** 2004
http://www.eatsmartmovemorenc.com/programs_tools/school/es_school_standards.html
This document addresses food and beverages found in traditional cafeteria meals as well as a la carte items, vending machine drinks and snacks, and foods and beverages served in after school programs and at school functions. Download the Eat Smart Standards, as well as other documents providing quick and easy tips on school fundraising, concessions, celebrations and more.
4. **Making It Happen School Nutrition Success Stories**
<http://www.fns.usda.gov/tn/Resources/makingithappen.html>
This booklet shares stories from 32 schools and school districts nationwide that have made innovative changes to improve the nutritional quality of all foods and beverages offered and sold on school campuses. Refer to Approach Number One-*Establish Nutrition Standards for Competitive Foods*.
5. **Action for Healthy Kids Resources to Improve Schools Online Resource List**
<http://www.actionforhealthykids.org/resources.php>
The following resources can be found here. Under “select a topic” choose “a la carte foods.” The resources are listed alphabetically.
 - a. **Tips and Tools to Help Implement Michigan's Healthy Food and Beverages Policy**
 - b. **Massachusetts A La Carte Food & Beverage Standards to Promote a Healthier School Environment**

Updated April 2009

Denise Juneau, Superintendent • Montana Office of Public Instruction • www.opi.mt.gov